MY PRAYER BOOK.

THE ATTENDANTS OF PRIESTMONK SPYRIDON
NEW SKITI, HOLY MOUNT ATHOS, GREECE
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In Memory of Blessed Spiritual Fathers

who guide us on the true paths of
Righteousness by the spiritual grace
Of God.

Contents

PROLOGUE

Prayer, according to St. John Chrysostomos, is a large and almighty weapon, a great possession, an insurance to the coming together of man with God, it is a medicine, an neverending richness, the veins of the soul in which the grace of God flows freely through, an invitation to the eternal life. Prayer makes man alike with the Angels. Man, himself, in conver-sation with God.

"Nothing has it's measure". Nothing can compare with it, writes the holy Father.

Prayer is a skill thus it requires practice and continued effort. It must be made with a zealous soul, with deep concen-tration, so we realize what exactly we are doing, who we are standing in front of and of course who are we in conversation with.

"Pray without ceasing" St. Paul tells us. (1 Thess. 5. V. 17) In joy, in sorrow, with patience and endurance and along with contrition and humility.

MORNING PRAYERS

(After rising from sleep, stand with reverence and fear of God, make the sign of the cross, and say:)

I n the name of the Father and the Son and the Holy Spirit. Amen.

Glory to you, our God, glory to you.

H eavenly King, comforter, the Spirit of truth, who are present everywhere filling all things, Treasury of good things and Giver of life, come and dwell in us, Cleanse us of every stain, and save our souls, gracious Lord.

H oly God, Holy Mighty, Holy Immortal, have mercy on us (3).

G lory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

A ll holy Trinity, have mercy on us , Lord, forgive us our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

Lord have mercy (3), Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done, on earth as it is in heaven.
Give us this day our daily bread,

and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

For yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

H aving risen from sleep, we fall down before you. O good One, and sing to you, mighty One, the angelic hymn: Holy, holy, holy art thou, O God. Through the prayers of the Theotokos, have mercy on us.

Glory to the Father and the Son and the Holy Spirit.

H aving aroused me from sleep and bed, O Lord, enlighten my mind and open my heart and lips that I may sing to you, Holy, holy, holy, art thou, O God. Through the prayers of the Theotokos, have mercy on us. Now and forever and to the ages of ages. Amen.

Suddenly the judge will come and everyone's deeds will be revealed. But with awe we cry out in the middle of the night: Holy, holy, holy art thou, o God, through the prayers of the Theotokos, have mercy on us.

Lord have mercy (12)

THANKSGIVING PRAYER

As I rise from sleep, I thank you, Holy Trinity, for because of your great goodness and patience, you were not angry with me, an idler and sinner, nor have you destroyed me in my sins, but have shown your usual love for me. And when I was prostrate in despair, you raised me to glorify with your power. Enlighten now my mind's eye, open my mouth to study your words and understand your commandments, to do your will and sing to you in heartfelt adoration, and praise your most holy name, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

ANOTHER PRAYER

Glory to you, King, God almighty, who through your divine and loving providence have consented that I, an unworthy sinner, should rise from sleep and obtain entrance into your holy house. Accept, Lord, the voice of my prayer as you accept those of your holy and spiritual powers. And that not through my defiled lips, but from a pure heart and humble spirit. Praise may be offered to you so that I also, with the bright lamp of my soul, may become a companion of the wise virgins and glorify you, God the Word, who is glorified in the Father and the Spirit. Amen.

Come, let us worship and fall down before our King and God.

Come, let us worship and fall down before Christ, our King and God.

Come, let us worship and fall down before Christ himself, our King and our God.

PSALM 50(51)

H ave mercy upon me, O God according to your great mercy, and according to the multitude of your compassion blot out my transgression.

Wash me thoroughly from my sin. For I acknowledge my iniquity, and my sin is ever before me.

Against you, you only, have I sinned, and done evil in your sight, that you may be found just when you speak, and victorious when you are judged.

For behold, I was conceived in iniquity, and in sin mother bore me.

For behold, you have loved truth, you have made known to me the secret and hidden things of your wisdom.

You shall sprinkle me with hyssop, and I shall be made clean, you shall wash me, and I shall be whiter than snow.

Make me to hear joy and gladness that the afflicted bones may rejoice.

Turn your face away from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and renew a steadfast spirit within me.

Cast me not away from your presence, and take not your Holy Spirit from me.

Restore to me the joy of your salvation, and establish me with your governing Spirit.

I shall teach transgressors your ways, and the ungodly shall turn back to you.

Deliver me from bloodguiltiness, O God, the God of my salvation, my tongue shall joyfully declare your righteousness.

Lord, open my lips, and my mouth shall declare your praise,

For if you had desired sacrifice, I would give it, you do not delight in burnt offerings.

A sacrifice to God is a broken spirit,
God will not despise a broken and a humble heart.

Do well in your good pleasure to Zion and let the walls of Jerusalem be built.

Then you shall be pleased with a sacrifice of righteousness, with oblation and whole burnt offerings.

Then they shall offer bulls on your altar.

THE SYMBOL OF FAITH

I believe in one God, the Father, the Almighty, creator of heaven and earth and all things visible and invisible.

And in one Lord Jesus Christ, the only begotten Son of God, begotten of the Father before all ages.

Light of Light, true God of true God, begotten, not created, of one

essence with the Father, through whom all things were made.

For us and for our salvation he came down from heaven and was incarnate by the Holy Spirit and the Virgin Mary and became man.

He was crucified for us under Pontius Pilate, and suffered, and was buried.

On the third day he rose according to the Scriptures. He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead.

His kingdom will have no end.

And in the Holy Spirit, the Lord the Giver of life, who proceeds from the Father, who together with the Father and

the Son is worshiped and glorified, who spoke through the prophets.

In one, holy, catholic, and apostolic Church.

I acknowledge one baptism for the forgiveness of sins.

I expect the resurrection of the dead.

And the life of the age to come. Amen.

Glory to the Father and to the Son and to the Holy Spirit. Now and forever and to the ages of ages. Amen. Lord have mercy (3)

Through the prayers of our holy Fathers, Lord Jesus Christ, have mercy on us, and save us. Amen.

ATTENTION, (many Christians have the blessed habit of reading the SIX

PSALMS and the small DOXOLOGY ,in their morning praise to God.)

THE SIX PSALMS

Holy God, Holy Mighty, Holy Immortal, have mercy on us (3). Glory to the Father and to the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

A ll holy trinity, have mercy on us. Lord forgive us our sins. Master, pardon

our transgressions. Holy One, visit and heal our infirmities for your name's sake.

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

O ur Father who art in heaven.
Hallowed be thy name.

Your kingdom come,
Your will be done,
on earth as it is in heaven.
Give us this day our daily bread,
And forgive us our trespasses,
As we forgive those who trespass against us.
And lead us not into temptation,
But deliver us from evil.

Through the prayers of the holy fathers, Lord Jesus Christ have mercy upon us and save us. Amen.

L ord save your people and bless your inheritance. Grant victory to the Orthodox over their adversaries and guard your commonwealth with your cross.

Glory to the Father and the Son and the Holy Spirit.

You were lifted up upon the cross of your own will, Christ our God. Grant your mercy upon the new commonwealth that bears your name. In strength make glad the orthodox, giving them victory over their adversaries. May they have your alliance as a weapon of peace, and

an invincible trophy. Now and forever and to the ages of ages. Amen.

O awesome and ever-present protection, do not overlook, O gracious one, our supplications.

M ost praised Theotokos, establish the Orthodox people, save those whom you have called to govern and grant them victory from above, for you have given birth to God, only blessed one.

Lord have mercy (3 times) Glory to God in the highest, and on earth peace, good will among all people. (3)

Lord open my lips and my mouth shall proclaim your praise (2).

PSALM 3.

*L*ord, why have they multiplied who afflict me?

Many rise up against me. Many say to my soul there is no salvation for him in his God. But you, Lord, are my helper, my glory, and the one who lifts up my head. I cried to the Lord with my voice, and he heard me from his holy mountain. I lay down and slept, I awoke, for the Lord will help me. I will not be afraid of ten thousands of people who have set themselves against me all around.

Arise, Lord, save me, my God. For you have struck all those who without cause are my enemies, you have broken the teeth of sinners. Salvation belongs to the Lord, and your blessing is upon your people.

PSALM 37(38)

*L*ord, rebuke me not in your anger, nor chasten me in your wrath. For your arrows pierce me deeply, and your hand presses me down. There is no health in my flesh because of your anger, nor is there any health in my bones because of my sins. For my iniquities have risen higher than my head, like a heavy burden they have pressed heavily upon me. My wounds are foul and festering because of my foolishness. I am troubled bowed down greatly, I go mourning all the day long.

For my loins are filled with mockings, and there is no healing in my flesh. I am afflicted and exceedingly

humbled, I have roared from the groaning of my heart.

Lord, all my desire is before you; and my sighing is not hidden from you.

My heart is troubled, and my strength has failed me; and the light of my eyes, it also has gone from me. My friends and neighbours drew near me and stood against me. And my kinsmen stood afar off.

Those who sought my soul used violence; those who sought evil for me spoke vain things and meditated eception all day long. But I became like a deaf man who does not hear; and I am like a mute who does not open his mouth.

Thus I am like a man who does not hear, and in whose mouth there is no response. For in you, Lord have I hope,

you will hear me, Lord my God. For I said, never let my enemies rejoice over me, and when my feet are shaken, they magnify themselves against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare my iniquity, and I will be in anguish over my sin. But my enemies live and become stronger than me, and those who hate me unjustly have multiplied.
Those who render evil for good slandered me because I pursued goodness. Do not forsake me, Lord, my God, be not far from me.

Make haste to help me, Lord of my salvation.

PSALM 62(63)

God, my God, early at dawn I rise to you. My soul thirsts for you, my flesh longs for you in a barren, untrodden and unwatered land. So I have appeared before you in the sanctuary to see your power and your glory. For your mercy is better than life, my lips shall praise you. Thus I shall bless you while I live, and I will lift up my hands in your name. Let my soul be filled with marrow and plentiness, and my mouth shall praise you with joyful lips. When I remember you on my bed, I meditate on you at dawn.
For you have become my helper, I shall rejoice in the shelter of your wings.

My soul follows close behind you, your right hand has been quick to help me. But those who seek my life, to destroy it, shall go into the lower parts of

the earth. They shall fall by the sword, they shall be a portion for jackals. But the king shall rejoice in God, everyone who swears by him shall be praised, but the mouths of those who speak lies shall be stopped.

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Alleluia. Alleluia. Alleluia. Glory be to God (3 times), Lord have mercy (3), Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen

PSALM 87(88)

L ord, God of my salvation, I have cried out day and night before you. Let

my prayer come before you, incline your ear to my cry. For my soul is filled with evil and my life draws near to Hades. I am counted with those who go down to the pit, I am like a man without help, adrift among the dead. Like the bodies of the slain who sleep in the grave, whom you remember no more, and who are cut off from your hand. They have laid me in the lowest pit, in darkness, and the shadow of death. Your wrath lies heavy upon me, and you have afflicted me with all your waves. You have made me an abomination to them, I am shut up, and I cannot get out, my eyes have grown weak from poverty. I have cried to you, Lord, the entire day. I have stretched out my hands to you. Will you work wonders for the dead?

Or shall physicians raise them up so that they might thank you?

Shall any in the grave speak of your mercy and your truth in the place of destruction?

Shall your wonders be known in the dark, and your righteousness in the land of forgetfulness?

But as for me, I have cried out to you, Lord and in the morning my prayer shall come before you. Lord, why do you cast off my soul, and turn away from me? I am a poor man and in trouble. From my youth, having been exalted, I was humbled and brought to distress. Your fierce wrath has gone over me, and your terrors have sorely troubled me.

They came around me all day long like water, they engulfed me altogether.

You have put far away from me my friend and neighbour, and my acquaintances because of my misery.

PSALM 102(103)

B less the Lord, my soul, and all that is within me, bless his holy name!

Bless the Lord, my soul, and forget not all that he has done for you. He forgives all your iniquities.

He heals all your infirmities. He redeems your life from corruption. He crowns you with mercy and compassion. He satisfies your desire with good things so that your youth is renewed like the eagles'. The Lord performs deeds of mercy, and justice for all who are wronged.

He made known his ways to Moses, his acts to the children of Israel. The Lord is merciful and compassionate, slow to manger, and abounding in mercy. He will not always strive with us, nor will he keep his anger forever. He has dealt with us according to our iniquities, nor has he rewarded us according to our sins.

For as the heavens are high above the earth, so great is his mercy towards those who fear him.

As far as the east is from the west, so far has he removed our iniquities from us. As a father has compassion upon his son, so has the Lord compassion upon those who fear him.

For he knows what we are made of, he remembers that we are dust. As for

man, his days are like grass, as a flower of the field, so shall he blossom. For the wind passes over it, then it shall be gone. And its place remembers it no more.

But the mercy of the Lord is from eternity to eternity upon those who fear him, and his righteousness is upon sons of sons, upon those who keep his covenant and remember to do his *commandments*. The Lord has established his throne in heaven, and his kingdom rules over all.

Bless the Lord all his angels, who excel in strength, who do his word, heeding the voice of his word.

Bless the Lord, all you his hosts, you ministers of his, who do his pleasure. Bless the Lord, all his works, in all places of his dominion.

Bless the Lord, my soul.

PSALM 142(143)

*L*ord hear my prayer. In your truth, give ear to my supplications, in your righteousness, hear me.

And enter not into judgement with your servant, for no one living is justified in your sight.

For the enemy has pursued my soul, he has crushed my life to the ground, he has made me dwell in darkness, like those who have long been dead, and my spirit is overwhelmed within me, my heart within me is distressed. I remembered the days of old, I meditated on your works, I pondered on the work of your hands.

I spread out my hands to you, my soul longs for you like a thirsty land. Lord, hear me quickly, my spirit fails.

Turn not your face away from me, lest I be like those who go down into the pit. Let me hear your mercy in the morning, for in you I have put my trust. Lord, teach me to know the way in which I should walk, for I lift up my soul to you. Rescue me, Lord, from my enemies, to you have I fled for refuge. Teach me to do your will, for you are my god. Your good Spirit shall lead me on a level path, Lord, for your name’s sake you shall preserve my life. In your righteousness, you shall bring my soul out of trouble, and in your mercy, you shall utterly destroy my enemies. And you shall

destroy all those who afflict my soul, for I am your servant.

Hear me, Lord, in your righteousness, and enter not into judgement with your servant (2).

Your good Spirit shall lead me on a level path.

Glory to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages. Amen. Alleluia. Alleluia. Alleluia. Glory to you, our God (3 times). Lord, you are our hope, glory to you. Amen.

DOXOLOGY (small)

G lory to God in the highest, and on earth peace, goodwill among men. We

praise Thee, we bless Thee, we worship Thee, we give thanks to Thee for your great glory:

Lord Heavenly King, God the Father Almighty, o Lord the Only-begotten Son, Jesus Christ, and the Holy Spirit.

Lord God, Lamb of God, son of the Father, thou that takest away the sin of the world: have mercy on us, thou that takest away the sins of the world.

Recieve our prayer, thou that sittest at the right hand of the Father and have mercy on us.

For Thou only art holy, Thou only art Lord, Jesus Christ, to the glory God the Father. Amen.

Every day will I bless Thee, and I will praise Thy Name for ever, yea, for ever and ever.

Lord, thou hast been our refuge from generation to generation. I said: O Lord, have mercy on me, heal my soul, for I have sinned against Thee.

Lord, unto Thee have I fled for refuge, teach me to do Thy will, for Thou art my God.

For in Thee is the fountain of life, in Thy light shall we see light. O continue Thy mercy unto them that know Thee.

Vouchsafe, O Lord, to keep us this night without sin.

Blessed art Thou, O Lord, the God of our Fathers, and praised and glorified is Thy Name unto the ages. Amen.

Let Thy mercy, o Lord, be upon us, according as we have hoped in Thee.

Blessed art Thou, o Lord, teach me thy statutes.

Blessed art Thou, o Master, grant me understanding of Thy statutes.

Blessed art Thou, o Holy One, enlighten me by Thy statutes.

Lord, Thy mercy endureth forever, disdain not the works of Thy hands.

Unto Thee is due praise, unto Thee is due song, unto Thee glory is due, to the Father and to the Son, and to the Holy Spirit, now and forever, and to the ages of ages. Amen.

G lory to the Father and to the Son and to the Holy Spirit, now and forever, and unto the ages of ages. Amen.Lord have mercy (3), Through the prayers of

the holy fathers, Lord Jesus Christ have mercy on us and save us. Amen.

SERVICE of VESPERS

(EVENING SERVICE)

In the name of the Father and the Son and the Holy Spirit. Amen.

O come let us worship and fall down before our King and God.

O come, let us worship and fall down before Christ, our King and God.

O come, let us worship and fall down before Him, Christ the King and our God.

Psalm.103(104)

B less the Lord, O my soul, O Lord my God, thou hast been magnified exceedingly.

Confession and majesty hast Thou put on,

Who coverest Thyself with light as with a garment,

Who stretchest out the heaven as it were a curtain, Who supporteth His chambers in the waters,

Who appointeth the clouds for His ascent,

Who walketh upon the wings of the winds,

Who maketh His angels' spirits and His ministers a flame of fire,

Who establisheth the earth in the sureness thereof, it shall not be turned back forever and ever.

The abyss like a garment is His mantle; upon the mountains shall the waters stand.

At Thy rebuke they will flee, at the voice of Thy thunder shall they be afraid.

The mountains rise up and the plains sink down, unto the place where Thou hast established them.

Thou appointed a bound that they shall not pass, neither return to cover the earth.

He sendth forth springs in the valleys; between the mountains will the waters run.

They shall give drink to all the beasts of the field, the wild asses will wait to quench their thirst.

Besides them will the birds of the heaven lodge, from the midst of the rocks will they give voice.

He watereth the mountains from His chambers, the earth shall be satisfied with the fruit of Thy works.

He causeth the grass to grow for the cattle, and green herb for the service of men,

To bring forth bread out of the earth, and wine maketh glad the heart of man.

To make his face cheerful with oil, and bread strengtheth man’s heart.

The trees of the plain shall be satisfied, the cedars of Lebanon, which thou hast planted.

There will the sparrows make their nests; the house of the heron is chief among them.

The high mountains are a refuge for the harts, and so is the rock for the hares.

He hath made the moon for seasons; the sun knoweth his going down.

Thou appointedst the darkness, and there was night, wherein all the beasts of the forest will go abroad.

Young lions roaring after their prey, and seeking their food from God.

The sun ariseth, and they are gathered together, and they lay them down in their dens.

But man shall go forth unto his work, and to his labour until the evening.

How magnified are Thy works, o Lord! In wisdom hast Thou made them all, the earth is filled with Thy creation.

So is the great and spacious sea, therein are things creeping innumerable, small living creatures with the great.

There go the ships, there this dragon, whom Thou hast made to play therein.

All things wait on Thee, to give them their food in due season, when thou givest it them, they will gather it.

When Thou openest Thy hand, all things shall be filled with goodness, when Thou turnest away Thy face, they shall be troubled.

Thou wilt take their spirit, and they shall cease, and unto their dust shall they return.

Thou wilt send forth Thy Spirit, and they shall be created, and shalt renew the face of the earth.

Let the glory of the Lord be unto the ages, the Lord will rejoice in His works,

Who looketh on the earth and maketh it tremble, who toucheth the mountains and they smoke.

I will sing unto the Lord throughout my life, I will chant to my God as long as I exist.

May my words be sweet unto him, and I will rejoice in the Lord.

That sinners would cease from the earth, and they that work iniquity, that they should be no more. Bless the Lord, o my soul.

The sun knoweth his going down, Thou appointedst the darkness, and there was the night.

How magnified are Thy works, o Lord! In wisdom hast Thou made them all.

Glory to the Father and to the Son and to the Holy Spirit, both now and forever, and to the ages of ages. Amen.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God (3). Our hope, O Lord, glory be to Thee.

Psalm 140(141)

Lord, I have cried unto Thee, hearken unto me, hearken unto me, O Lord. Lord, I have cried unto Thee, hearken unto me, attend to the voice of my supplication when I cry unto Thee: Hearken unto me, o Lord.

Set, o Lord, a watch before my mouth, and a door of enclosure round about my lips.

Incline not my heart unto words of evil, to make excuse with excuses in sins.

With men that work iniquity, and I will not join with their chosen.

The righteous man will chasten me with mercy and reprove me, as for the oil of the sinner, let it not anoint my head.

For yet more is my prayer in the presence of their pleasures, swallowed up near by the rock have their judges been.

They shall hear my words, for they be sweetened, as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto Hades.

For unto Thee, o Lord O Lord, are mine eyes, In Thee have I hoped, take not my soul away.

Keep me from the snare, which they have laid for me, and from the stumbling blocks of them that work iniquity.

The sinners shall fall into their own net; I am alone until I pass by.

Psalm 141(142)

With my voice unto the Lord have I cried with my voice unto the Lord have I made supplication.

I will pour out before Him my supplication, mine affliction before him will I declare.

When my spirit was fainting within me, then Thou knewest my paths.

In this way wherein I have walked they hid for me a snare.

I looked upon my right hand, and beheld, and there was none that did know me.

Flight hath failed me, and there is none that watcheth out for my soul.

I have cried unto Thee, o Lord, I said: Thou art my hope, my portion art Thou in the land of the living.

Attend unto my supplication, for I am brought very low.

Deliver me from them that persecute me, for they are stronger than I am.

From here the appointed hymns as indicated in the TYPICON are chanted in

alternation with the final verses, according to the number of hymns.

Bless my soul out of prison that I may confess Thy name.

The righteous shall wait patiently for me until Thou shalt reward me.

Psalm 129 (130)

Out of the depths have I cried unto Thee, O, Lord, O Lord, hear my voice.

Let Thine ears be attentive to the voice of my supplication.

If Thou shouldest mark iniquities, O Lord, o Lord, who shall stand? For with Thee there is forgiveness.

For Thy Name’s sake have I patiently waited for Thee, o Lord, my soul hath waited patiently for Thy word, my soul hath hoped in the Lord.

From the morning watch until night, from the morning watch let Israel hope in the Lord.

For with the Lord there is mercy, and with Him is plenteous redemption, and He shall redeem Israel out of all his iniquities.

Psalm 116(117)

Praise the Lord, all ye nations, praise Him, all ye peoples.

For He hath made His mercy to prevail over us, and the truth of the Lord abideth forever.

Glory to the Father and to the Son and to the Holy Spirit. (Doxasticon).

Both now and forever, and to the ages of ages. Amen.

(Theotokion).

Joyous light of the holy glory of the immortal, heavenly, holy blessed Father, O Jesus Christ: We that come to the setting of the sun, when we behold the evening light, praise Father, son and Holy Spirit, God. Meet it is for Thee at all times to be praised with gladsome voices, O Son of God, giver of life. Wherefore, the world doth glorify Thee.

PROKEIMENA.

(Sunday evening)

Behold now, bless ye the Lord, all ye servants of the Lord.

(Verse): Ye that stand in the house of the Lord, in the courts of the house of our God.

(Monday evening)

The Lord will hearken unto me when I cry unto Him.

(Verse): When I called upon Thee, O God of my righteousness, Thou didst hearken unto me.

(Tuesday evening)

Thy mercy shall pursue me, O Lord, all the days of my life.

(Verse): The Lord is my shepherd and I shall not want: in a place of green pasture, there hath He made me to dwell.

(Wednesday evening)

God, In Thy Name save me, and in Thy strength do Thou judge me.

(Verse): O God, hearken unto my prayer, give ear unto the words of my mouth.

(Thursday evening)

My help cometh from the Lord, who hath made heaven and the earth.

(Verse): I have lifted up mine eyes to the mountains, from whence cometh my help.

(Friday evening)

God, Thou art my helper, Thy mercy shall go before me.

(Verse): Rescue me from mine enemies, O God, and from them that rise up against me redeem me.

(Saturday evening)

The Lord is King, He is clothed with majesty.

(Verse): The Lord is clothed with strength and He hath girt Himself.

(Verse): For He established the world which shall not be shaken.

(The readings follow if any)

V ouchsafe, O Lord, to keep us this evening without sin. Blessed art Thou, o Lord, the God of our Fathers, and praised and glorified is Thy Name unto the ages. Amen. Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee.

Blessed art Thou, o Lord, teach me Thy statues. Blessed art Thou, O Master, grant me understanding of Thy statues. Blessed art Thou, O Holy One, enlighten me by Thy statues. O Lord, Thy mercy endureth forever, disdain not the works of Thy hands. Unto Thee is due praise, unto Thee is due song, unto Thee glory is due, to the Father, and to the Son, and to the Holy Spirit, now and forever, and unto the ages of ages. Amen

The Prayer of St. Symion

Now lettest Thou Thy servant depart in peace, O Master, according to Thy word, for mine eyes have seen Thy salvation, which Thou hast prepared before the face of all peoples: a light of

revelation for the nations, and the glory of Thy people Israel.

Holy God, Holy Mighty, Holy Immortal, have mercy on us (3). ***G*** lory to the Father and the Son and the Holy Spirit, now and forever and to the ages of age. Amen. All holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake. Lord have mercy (3), Glory to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages. Amen.

O ur Father who art in heaven,
hallowed be Thy name
Thy kingdom come,
Thy will be done,

on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.

Through the prayers of the holy Fathers, Lord Jesus Christ have mercy on us and save us. Amen.

SMALL COMPLINE

(This service is read directly after the evening meal)

I n the name of the Father and the Son and the Holy Spirit, now and forever and the ages of ages. Amen

Glory to you, our God, glory to you.

H eavenly king, Comforter, the Spirit of truth who are present everywhere filling all things and Giver of life, come and dwell in us. Cleanse us of every stain, and save our souls, gracious Lord.

H oly God, Holy Mighty, Holy Immortal, have mercy on us (3). Glory to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages. Amen.

A ll holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for your name's sake. Lord have mercy (3). Glory to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages. Amen.

Psalm 50(51).

H ave mercy upon me, O God, according to your great mercy, and

according to the multitude of your *compassion*, blot out my transgression.

Wash me thoroughly from my iniquity, and cleanse me from my sin. For I acknowledge my iniquity, and my sin is ever before me.

Against you, you only, have I sinned, and done evil in your sight, that you may be found just when you speak, and victorious when you are judged.

For behold, I was conceived in iniquity, and in sin my mother bore me.

For behold, you have loved truth, you have made known to me the secret and hidden things of your wisdom.

You shall sprinkle me with hyssop, and I shall be made clean, you shall wash me, and I shall whiter than snow.

Make me to hear joy and gladness, that the afflicted bones may rejoice.

Turn your face away from my sins, and blot out all my iniquities.

Create in me a clean heart, o God, and renew a steadfast spirit within me.

Cast me not away from your presence, and take not your Holy Spirit from me.

Restore to me the joy of your salvation, and establish me with your governing Spirit.

I shall teach transgressors your ways, and the ungodly shall turn back to you.

Deliver me from bloodguitiness, o God, the God of my salvation, my tongue shall joyfully declare your righteousness.

Lord, open my lips, and my mouth shall declare your praise.

For if you had desired sacrifice, I would give it, you do not delight in burnt offerings. A sacrifice to God is a broken spirit, God will not despise a broken and a humble heart.

Do good in your good pleasure to Zion, and let not Jerusalem be built.

Then you shall be pleased with a sacrifice of righteousness, with oblation and whole burnt offerings. Then they shall offer bulls on your altar.

Psalm 69(70)

G od, be attentive to help me. Lord, make haste to help me.

Let them be ashamed and confounded who seek my life.

Let them be turn back and be ashamed who desire evil against me.

Let them be turn back because of their shame, who say to me, Well done! Well done!

Let all those who seek you rejoice and be glad in you, and let those who love your salvation say continually, Let God be magnified! But as for me, I am poor and needy, O god, help me!

You are my help and my deliverer, Lord, do not delay.

Psalm 142(143)

Lord hear my prayer. In your truth, give ear to my supplications, in your righteousness, hear me. Enter not into judgement with your servant, for no one living is justified in your sight.

For the enemy has pursued my soul, he has crushed my life to the ground, he has made me dwell in darkness, like those who have long been dead, and my spirit is overwhelmed within me, my heart within is distressed.

I remembered the days of old, I meditated on the works, I pondered on the works of your hands.

I spread out my hands to you, my soul longs for you like a thirsty land. Lord, hear me quickly, my spirit fails. Turn not your face away from me, lest I be like those who go down into the pit.

Let me hear your mercy in the morning, for in you I have put my trust. Lord, teach me to know the way in which

I should walk, for I lift up my soul to you.

Rescue me, Lord, from my enemies, to you have I fled for refuge.

Teach me to do your will, for you are my God.

Your good Spirit shall lead me on a level path, Lord, for your name's sake you shall preserve my life. In your righteousness, you shall bring my soul out of trouble, and in your mercy, you shall utterly destroy my enemies. And you shall destroy all those who afflict my soul, for I am your servant.

Doxology

G lory to God in the highest and on earth peace, good will to all people. We praise you, we bless you, we worship

you, we glorify you, and we give thanks to you for your great glory. Lord god, heavenly King, god the Father, almighty Lord, the only begotten Son, Jesus Christ, and Holy Spirit. Lord, god, Lamb of God, Son of the Father who takes away the sin of the world, have mercy upon us, you who take away the sin of the world, have mercy upon us, you who take away the sins of the world.

Recieve our prayer, you who sit at the right hand of the Father, and have mercy upon us.

For you only are holy, only you are Lord, Jesus Christ, to the glory of God the Father. Amen.

Each evening we bless you, and we praise your name forever and to the ages of ages. Lord, you have been our refuge

from generation to generation. I said: Lord, have mercy upon me: heal my soul, for I have sinned against you.

Lord, to you have I fled, teach me to do your will, for you are my God. For you are the source of life, and in your light we shall see light.

Continue your mercy to those whom know you.

Lord, grant to keep us this night without sin.

Blessed are you, Lord, god of our fathers.

Your name is praised and glorified from all ages. Amen. Let your mercy, Lord, lighten upon us, as our trust is in you. Blessed are you, Lord, teach me your commandments. Blessed are you, master, teach me your commandments.

Blessed are you, Holy One, enlighten me in your commandments. Your mercy, Lord endures forever, turn not away from the works of your own hands.

To you belongs praise, to you belongs worship, and to you belongs glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

The Symbol of Faith.

I believe in one God, the Father, the Almighty, Creator of heaven and earth and of all things visible and invisible.

And in one Lord Jesus Christ, the only begotten Son of God, begotten of the Father before all ages. Light of Light,

true God of true God, begotten not created, of one essence with the Father through whom all things were made.

For us and for our salvation he came down from heaven and was incarnate by the Holy Spirit and the Virgin Mary and became man.

He was crucified for us under Pontius Pilate, and he suffered and was buried. On the third day he rose according to the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead. His kingdom will have no end.

And in the Holy Spirit, the Lord, the Giver of life, who proceeds from the Father, who together with the Father and

the Son is worshiped and glorified, who spoke through the prophets.

In one holy, catholic and apostolic Church.

I acknowledge one baptism for the forgiveness of sins.

I expect the resurrection of the dead. And the life of the ages to come. Amen.

It is truly right to bless you, the Theotokos, ever blessed and most pure and mother of our God.

More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, incorruptibly you gave birth to God the Word.

We magnify you, the true Theotokos.

*H*oly God, Holy Mighty, Holy Immortal, have mercy on us (3). Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. All holy Trinity, have mercy on us, Lord, forgive our sins, Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake. Lord have mercy (3). Glory to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages. Amen.

O ur Father who art in heaven,
hallowed be thy name.
Thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread,

And forgive us our trespasses,
as we forgive those who trespass against us.

And lead us not into temptation,
but deliver us from evil.

Through the prayers of the holy Fathers, Lord Jesus Christ, have mercy on us and save us. Amen.

God of our Fathers, you always treat us with leniency. Do not withdraw your mercy from us, but by the intercessions of our fathers, guide our life in peace.

With the blood of your martyrs throughout the world, as if with purple and fine linen having been adorned, your Church through them cries out to you, Christ our God. Send down your mercies upon your people. Grant peace to your

commonwealth, and to our souls your great compassion.

Glory to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages. Amen.

With your saints, O Christ, give rest to the souls of your servants where there is no pain nor sorrow, nor suffering, but life everlasting.

Through the intercessions of all your saints and the Theotokos, O Lord, grant us your peace and have mercy upon us, only merciful One.

Lord, have mercy (40).

At all times and in every hour, you are worshiped and glorified in heaven and on earth, Christ our God. Long in patience, great in mercy to sinners, You call to salvation through the promise of good things to come. Lord, receive our prayers at the present time. Direct our lives according to your commandments. Sanctify our souls. Purify our bodies. Set our minds aright. Cleanse our thoughts and deliver us from all sorrow, evil, and distress. Surround us with your holy angels that, guarded and guided by them, we may arrive at the unity of faith and the understanding of your ineffable glory. For you are blessed to the ages of ages. Amen. Lord have mercy (3).

Glory to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages. Amen.

M ore honourable than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word. We magnify you, the true Theotokos.

Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy and save us. Amen. Lord have mercy (3)
And save us and help us, All-holy Virgin.

Prayer to the Most Holy Mother of God.
Prayer by monk Paul of the monastery of the Benefactress.

Spotless, undefiled, immaculate, unstained, pure Virgin, Lady, Bride of God, by your wondrous conceiving you united God the Word with human beings and joined the fallen nature of our race to heavenly things. You are the only hope of the hopeless, and the help of those oppressed.

You are the ready protection of those who flee to you and the refuge of all Christians. Do not spurn me an accused sinner, though I have made myself completely useless by my shameful thoughts, words, and deeds and through indolence have become a slave to the pleasures of life. But as the Mother of God who loves all people, mercifully have compassion upon me a sinner and a prodigal and receive my prayer though it

be offered to you by unclean lips. Entreat your Son and our Lord and Master, using your boldness as a mother, so that he may open to me the loving mercy of his goodness, overlook my numberless transgressions, turn me to repentance, and make me an acceptable abider of his commandments. Always be near to me, for you are merciful, compassionate, and loving. Be my ardent help and protection in this present life, defending me from the assaults of adversaries, and lead me to salvation. At the hour of my death, care for my miserable soul and drive the dark visions of the evil spirits far from it. On the awesome day of judgement, save me from eternal punishment and make me an inheritor of the ineffable glory of your Son, our God.

May this be my lot, my Lady, all holy Theotokos, through your intercession and help, by the grace and love of your only begotten Son, our Lord and God and Saviour Jesus Christ, to whom belong all glory, honour, and worship, with his eternal Father, and his all holy, righteous, and life giving Spirit, now and forever and to the ages of ages. Amen.

Prayer to our Lord Jesus Christ.

Prayer by Antiochos, a monk of Pandectis.

G rant us, Master, as we depart for sleep, rest for body and soul. Protect us from the gloom of sinful sleep and from all dark pleasures of the night. Calm the

impulses of passion, and quench the fiery darts of evil which are treacherously cast against us. Check the turbulence of our flesh and lull all our earthly and mundane thoughts. Grant us, O God, a watchful mind, prudent reason, a vigilant heart, and tranquail sleep, free from all evil dreams. Raise us up at the hour of prayer, strengthen us in your commandments, and keep unshaken within us the remembrance of your judgements. Grant us to glorify you all night long that we may praise and bless and glorify your all-honorable and magnificent name, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

M ost glorious, ever virgin, blessed Theotokos, present our prayers to your Son and our God, and plead with him, that through you he may save our souls.

M y hope is the Father, my refuge, the Son, my protection, the Holy Spirit. Holy Trinity, glory to you.

M y every hope I place in you, Mother of God, keep me under your protection.

B ecause of you. O full of grace, all creation rejoices, the ranks of the Angels and the human race. Hallowed Temple and spiritual Paradise, pride of Virgins, from you God became flesh and

he, who is our God before the ages, became a little child.

For he made your womb a throne and caused it to become wider than the heavens. Because of you, O full of grace, all creation rejoices, glory to you.

H oly angel, attendant of my wretched soul and miserable life, do not abandon me a sinner, neither desert me because of my incontinency.

Give no place to the evil demon to subdue me with the oppression of this mortal body, but take me by my wretched and outstretched hand, and lead me in the way of salvation. Yes, Holy Angel of God, the guardian and protector of my hapless soul and body, forgive me all things whatsoever wherewith I have

troubled you, all the days of my life, and if I have sinned in anything this day. Shelter me in this present night, and keep me from every abuse of the adversary, that I may not anger God by any sin, and intercede with the Lord in my behalf, that he might strengthen me in the fear of Him, and make me a worthy servant of His goodness. Amen.

To you, my champion and commander, I your city, saved from disasters, dedicate, O Mother of God, hymns of victory and thanksgiving, but as you have unassailable might, deliver me from every kind of danger, that I may cry to you:

Hail, Bride without bridegroom!

M ost Holy Mother of God, save us.

Virgin, Mother of God,

H ail, Mary, full of grace,
the Lord is with you.
Blessed are you among women, and blessed is the fruit of your womb, for you gave birth to the Saviour of our souls. (Repeat three times).

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us. Amen.

The Salutations to the Most Holy Theotokos (Akathist Hymn).

W hen the bodiless one learned the secret command, in haste he came and stood before Joseph's dwelling, and spoke unto the Maiden who knew not wedlock: The One who hath bowed the Heavens by His decent is held and contained unchanging wholly in thee. Seeing Him receiving the form of a servant in thy womb, I stand in awe and cry to thee:

Rejoice thou Bride unwedded.

T o thee, the Champion Leader, we thy flock dedicate a feast of victory and of thanksgiving,

as ones rescued out of sufferings, O Theotokos.
But as thou art one with might which is invincible, from all dangers that can be do thou deliver us, that we may cry to thee:

Rejoice, thou bride unwedded.

A n Angel, and the chiefest among them, was sent from heaven to cry: Rejoice! To the Mother of God. And beholding Thee, O Lord, taking bodily form, he stood in awe, and with his bodiless voice he cried aloud to her such things as these:
Rejoice, thou through whom joy shall shine forth. Rejoice, thou through whom the curse shall be blotted out.

Rejoice, thou the Restoration of fallen Adam. Rejoice, thou the redemption of the tears of Eve.

Rejoice, Height hard to climb for human thought. Rejoice, Depth hard to explore, even for the eyes of Angels.

Rejoice, for thou art the Throne of the King. Rejoice, for thou sustainest the Sustainer of all.

Rejoice, Star that causest the Sun to appear. Rejoice, womb of the divine Incarnation.

Rejoice, thou through whom creation is renewed. Rejoice, thou through whom the Creator becometh a babe.

Rejoice, thou Bride unwedded.

B eholding herself in chastity, the holy one spoke boldly unto Gabriel: The

strangeness of thy words seemeth hard to my soul to receive, for how speakest thou of a seedless conception? Crying aloud:

Alleluia.

Seeking to know knowledge unknown, the Virgin cried to him who ministered unto her: From a chaste womb how can a Son be born? Tell thou me! Then he spoke unto her in fear, yet crying aloud thus:

Rejoice, thou Initiate of the ineffable counsel. Rejoice, thou Faith in that which demandeth silence.

Rejoice, Prelude of the miracles of Christ.
Rejoice, Pinnacle of His doctrines.
Rejoice, heavenly Ladder whereby God came down.
Rejoice, Bridge leading those of earth to Heaven.

Rejoice, Marvel far-famed of Angels. Rejoice, Wounding much-bewailed of demons.

Rejoice, thou who ineffably gavest birth to the Light.
Rejoice, thou who didst reveal the mystery to none.

Rejoice, thou who oversoarest the knowledge of the wise. Rejoice, thou who enlightenest the minds of the faithful.

Rejoice, thou bride unwedded.

The power of the Most High then overshadowed her who knew not wedlock, that she might conceive, and showed forth her fruitful womb as a sweet meadow to all who desire to reap salvation, whilst chanting:

Alleluia.

Carrying God in her womb, the Virgin hastened to Elizabeth, whose unborn babe straightway perceiving her salutation rejoiced, and with leaps as it were with songs, he cried out to the Theotokos:

Rejoice, vine bearing the unfading bloom. Rejoice, land yielding the untainted Fruit.

Rejoice, thou who dost tend the caring Husbandman. Rejoice, thou who dost blossom forth the Sower of our life.

Rejoice, Field bearing a bounty of compassions. Rejoice, Table laden with an abundance of mercies.

Rejoice, for thou revivest the meadow of delight. Rejoice, for thou preparest a haven for souls.

Rejoice, acceptable Incense of intercession. Rejoice, Oblation for all the world.

Rejoice, Favour of god to mortals. Rejoice, Access of mortals to God.

Rejoice, thou bride unwedded.

Having a tempest of doubting thoughts within, the chaste Joseph was troubled, for he suspected a secret union as he beheld thee unwed, O blameless one, but when he learned of thy conception through the Holy Spirit, he cried:

Alleluia.

On hearing the Angels praising the incarnate presence of Christ, the shepherds hastened as to a Shepherd, and beholding Him as a spotless lamb, pastured in Mary's womb, her they hymned, and said:

Rejoice, Mother of the Lamb and Shepherd. Rejoice, Fold of the rational sheep.

Rejoice, Protector against invisible foes. Rejoice, Opener of the gates of Paradise.

Rejoice, for the things of Heaven rejoice with the earth. Rejoice for the things of earth join chorus with the Heavens.

Rejoice, never silent Voice of the Apostles. Rejoice, never-conquered Courage of the Martyrs.

Rejoice, firm Support of the Faith. Rejoice, shinning Token of grace.

Rejoice, thou through whom Hades was laid bare. Rejoice, thou through whom we are clothed with glory.

Rejoice thou Bride unwedded.

B eholding the Godward-pointing star, the Wisemen followed in its splendour, and holding it as a lantern, they sought thereby the mighty King. And as they approached the unapproachable, they rejoiced and cried to Him:

Alleluia.

T he sons of the Chaldees beheld in the hands of the Virgin him who by His hands fashioned man, and percieving Him as Master, though He had taken the form of a servant, they hastened with gifts to do homage, and they cried out to her who is blessed:

Rejoice, Mother of the never-setting Star. Rejoice, Dawn of the mystic Day.

Rejoice, thou who Quenchest the fiery furnace of error. Rejoice thou who
enlightenest the initiates of the Trinity.

Rejoice, thou who didst cast down from power the inhuman tyrant. Rejoice thou who didst show forth Christ, the man-befriending Lord.

Rejoice, thou who redeemest from the creeds of barbarism. Rejoice, thou who dost rescue from the works of mire.

Rejoice, thou who makest the worship of fire to cease. Rejoice, thou who makest the flame of the passions to be allayed.

Rejoice, Guide of the faithful to chastity. Rejoice, Rejoicing of every generation.

Rejoice thou Bride unwedded.

God-Bearing heralds did the Wise Men become, when they returned to Babylon, and fulfilling Thy prophecy, they preached Thee to all as the Christ, and they left herod as a trifler, who knew not how to chant:

Alleluia.

Shining in Egypt the illumination of truth, thou didst dispel the darkness of falsehood, and unable to bear Thy strength, O Saviour, her idols fell, and they that were set free therefrom cried to the Theotokos:

Rejoice, Uplifting of men. Rejoice, Downfall of demons.

Rejoice, thou who hast trampled upon the delusions of error. Rejoice, thou who hast censured the deceit of the idols.

Rejoice, Sea which drowned the noetic pharaoh. Rejoice, Rock which refreshed those athirst for Life.

Rejoice, Pillar of fire, guilding those in darkness. Rejoice, Protection of the world, more spacious than a cloud.

Rejoice, Sustenence, successor to manna. Rejoice, Minister of holy joy.

Rejoice, Land of promise. Rejoice, thou from whence flow milk and honey.

Rejoice, thou Bride unwedded.

When Symeon was near unto departing from this age of deception, thou wast presented to him as a newborn

Babe, but thou wast recognized by him as perfect God. Wherefore, he marveled at Thine ineffable wisdom, and cried out:

Alleluia.

New was the Creation which the Creator showed to us His creatures, when He sprang forth from the seedless womb, and He preserved it incorrupt, even as it was, that we, seeing this marvel, may praise her as we cry out:

Rejoice, Flower of incorruption. Rejoice, Crown of continence.

Rejoice, thou who flashest forth the type of the Resurrection. Rejoice, thou who showest forth the life of the Angels.

Rejoice, Tree of goodly Fruit whereby the faithful are nourished. Rejoice, Wood of leafy branches whereby many are sheltered.

Rejoice, thou who bearest the Guide of those astray. Rejoice, thou who engenderest the Redeemer of captives.

Rejoice, Supplication before the righteous Judge. Rejoice, Forgiveness for many transgressors.

Rejoice, Robe of confidence for the naked. Rejoice, Tenderness vanquishing all desire.

Rejoice, thou Bride unwedded.

Seeing a strange childbirth, let us estrange ourselves from the world by transporting our minds to Heaven: to this end the Most High God appeared on earth a lowly man, that He might draw to the heights those who cry to Him:

Alleluia.

Wholly present with those below was the Uncircumscribed Word, yet in no way absent from those above, for this was a divine condescension and not a mere change of place, and His birth was from a Virgin chosen of God, who heard such words as these:

Rejoice, Closure of the Uncontained God. Rejoice, Portal of the solemn mystery.

Rejoice, doubtful Rumour of the faithless. Rejoice, undoubted Boast of the faithful.

Rejoice, all holy Chariot of Him who rideth upon the Cherubim. Rejoice, choicest Dwelling-place of Him who sitteth upon the Seraphim.

Rejoice, thou who makest things that differ to agree. Rejoice, thou who yokest together motherhood and virginity.

Rejoice, thou through whom transgression is annulled. Rejoice, thou through whom Paradise is opened.

Rejoice, Key of the Kingdom of Christ. Rejoice, Hope of eternal blessings.

Rejoice, thou Bride unwedded.

All Angel-kind was amazed by the great deed of Thine Incarnation, for they saw the inaccessible God accessible to all, dwelling among us and hearing from us all:

Alleluia.

Orators most eloquent do we behold as fish before thee, O Theotokos, for they are at a loss to explain how thou couldst remain a virgin and yet give birth. But as for us, marveling at this mystery, we cry with faith:

Rejoice, Vessel of the Wisdom of God. Rejoice, Treasury of His providence.

Rejoice, thou who showest forth philosophers fools. Rejoice, thou who provest logicians illogical.

Rejoice, for the subtle disputants are confounded. Rejoice, For the inventors of myths are faded away.

Rejoice, thou who dost draw us from the depths of ignorance. Rejoice, thou who dost enlighten many with knowledge.

Rejoice, Raft for those who desire to be saved. Rejoice, Haven for those who fare on the sea of life.

Rejoice, thou Bride unwedded.

Wishing to save the world, to this end did the Ruler of all come of His own will, and, though as God He is the Shepherd, for by this likeness He called those of like kind, yet as God He doth hear:

Alleluia.

A Rampart art thou for virgins and all that have recourse to thee, O Theotokos and Virgin, for the Maker of heaven and earth prepared thee, O Immaculate One, and dwelt in thy womb, and taught all to cry out to thee:

Rejoice, Pillar of virginity. Rejoice, gate of salvation.

Rejoice, Leader of spiritual restoration. Rejoice, Bestower of divine goodness.

Rejoice, for thou didst regenerate those conceived in shame. Rejoice, for thou didst admonish those despoiled in mind.

Rejoice, thou who dost bring to naught the corrupter of hearts. Rejoice, thou who dost give birth to the Sower of chastity.

Rejoice, bridal Chamber of a seedless marriage. Rejoice, thou who dost join the faithful to the Lord.

Rejoice, fair Nursing-Mother of virgins. Rejoice, bridal Escort of holy souls.

Rejoice, thou Bride unwedded.

Defeated is every hymn that striveth to pay homage to the multitude of Thy many compassions, for even should we offer Thee, O holy King, odes of praise numberless as the sands, we should still have done nothing worthy of what Thou hast given unto us who cry to Thee:

Alleluia.

As a brilliant beacon-light shining to those in darkness do we behold the holy Virgin, for she kindleth the supernal Light and leadeth all to divine knowledge, she

illumineth our minds with radience and is honoured by these our cries:

Rejoice, Ray of the spiritual Sun. Rejoice, Beam of the innermost Splendour.

Rejoice, Lightning, enlightening our souls. Rejoice, Thunder, striking down the enemy.

Rejoice, for thou dost cause the manystarred Light to dawn. Rejoice, for thou dost cause the ever-flowing River to gush forth.

Rejoice, thou who dost depict the image of the font. Rejoice, thou who dost wash away the stain of sin.

Rejoice, Laver purifying conscience. Rejoice, Wine-bowl pouring forth joy.

Rejoice, sweet-scented Fragrance of Christ. Rejoice, Life of mystic festival.

Rejoice, thou Bride unwedded.

Wishing to bestow His grace, He that forgiveth the ancient debts of all men came of His own will to dwell among those who had departed from His favour, and having rent asunder the handwriting against them, He heareth from all:

Alleluia.

Whilst hymning Thine Offspring, we all praise thee, O Theotokos as a living temple, for the Lord, who holdeth all things in His hand, dwelt in thy womb, and He hallowed and glorified thee, and taught all to cry to thee:

Rejoice, Tabernacle of God the Word. Rejoice, Holy one, holier than the Holies.

Rejoice, Ark made golden by the Spirit. Rejoice, inexhaustible Treasury of Life.

Rejoice, precious Diadem of godly kings. Rejoice, venerable Boast of faithful priests.

Rejoice, unshakable Tower of the Church. Rejoice, impregnable Bulwark of the Kingdom.

Rejoice, thou through whom trophies are raised up. Rejoice, thou through whom enemies are cast down.

Rejoice, Healing of my flesh. Rejoice, salvation of my soul.

Rejoice, thou Bride unwedded.

O All-Hymned Mother, who didst bear the Word (3 times). Who is more holy than all the Saints, as thou recievest this our offering, rescue us all from every

calamity, and deliver from future torment those who cry with one voice:

Alleluia.

An Angel, and the chiefest among them, was sent from Heaven to cry: Rejoice! To the Mother of God. And beholding Thee, O Lord, taking bodily form, he stood in awe, and with his bodiless voice, he cried out aloud to thee such things as these:

Rejoice, thou through whom joy shall shine forth. Rejoice, thou through whom the curse shall be blotted out.

Rejoice, thou the Restoration of the fallen Adam. Rejoice, thou the redemption of the tears of Eve.

Rejoice, Height hard to climb for human thought. Rejoice, Depth hard to explore even for the eyes of Angels.

Rejoice, for thou art the Throne of a King. Rejoice, for thou sustainest the Sustainer of all.

Rejoice, Star that causest the Sun to appear. Rejoice, Womb of the divine Incarnation.

Rejoice, thou through whom creation is renewed. Rejoice, thou through whom the Creator becometh a babe.

Rejoice, thou Bride unwedded.

To Thee, the Champion Leader, we thy flock dedicate a feast of victory and of thanksgiving, as ones rescued out of sufferings, o Theotokos. But as thou art one with might which is invincible, from all dangers that can be do thou deliver us, that we may cry to Thee:

Rejoice, thou Bride unwedded.

THE SERVICE OF THE SMALL SUPPLIMENTORY CANON TO THE MOST HOLY THEOTOKOS.

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us. Amen.

Heavenly King, O Comforter, the Spirit of truth, Who art everywhere present and fillest all things, O treasury of every good and Bestower of life: come and dwell in us, and clense us from every stain, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal have mercy on us. (3).

Glory to the Father and to the Son, and to the Holy Spirit, both now and forever to the ages of ages. Amen.

All holy Trinity, have mercy on us. Lord, be gracious unto our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for thy Name’s sake.

Lord have mercy (3).

Glory to the Father, and to the Son, and to the Holy Spirit, now and forever to the ages of ages. Amen.

Our Father, which art in Heaven, hallowed be Thy Name. Thy Kingdom come. Thy will be done, on earth as it is in heaven.
Give us this day our daily bread. And forgive us our trespasses, as we forgive the trespasses of others. And lead us not into temptation, but deliver us from evil.

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us. Amen.

Lord have mercy (12).

Glory to the Father, and to the Son, and to the Holy Spirit, now and forever and to the ages of ages. Amen.

O come, let us worship and fall down before our King and God.
O come, let us worship and fall down before Christ, our King and God.

O come, let us worship and fall down before Him, Christ the King and our God.

O Lord, hear my prayer, give ear to my supplication in Thy truth, hearken unto me in Thy righteousness.
And enter not into judgement with Thy servant, for in Thy sight shall no man living be justified.
For the enemy hath persecuted my soul, he hath humbled my life down the earth.
He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent, within me my heart is troubled.
I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands.
I stretched forth my hands unto Thee like a waterless land.
Quickly hear me, O Lord, my spirit hath fainted away.
Turn not Thy face away from me, lest I be like unto them that go down into the pit.
Cause me to hear Thy mercy in the morning, for in Thee have I put my hope.
Cause me to know, O Lord, the way wherein I should walk, for unto Thee have I lifted up my soul.

Rescue me from mine enemies, O Lord, unto Thee have I fled for refuge. Teach me to do thy will, for Thou art my God.
Thy good Spirit shall lead me in the land of uprightness, for Thy Name's sake, O Lord, shalt Thou quicken me.
In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies.
And Thou shalt cut off all them that afflict my souls, for I am Thy servant.

God is Lord, and he hath appeared unto us, blessed is He that cometh in the Name of the Lord.
O give thanks unto the Lord, and call upon His holy Name.
God is Lord,(as above).
All the nations compassed me round about, and by the Name of the Lord I warded them off.
God is Lord, (as above).
This is the Lord's doing, and it is marvelous in our eyes.
God is Lord, and he hath appeared unto us, blessed is he that cometh in the Name of the Lord.

To God's Birthgiver let us run now most earnestly, we sinners all and wretched ones, and fall prostrate in

repentance, calling from the depths of our souls, Lady, come unto our aid, have compassion upon us, hasten thou, for we are lost in a throng of transgressions, turn not thy servants away with empty hands, for thee alone do we have as our only hope.

Glory to the Father, and to the Son, and to the Holy Spirit.

(Troparion of your church,s named Saint is read here)

Both now and forever unto the ages of ages. Amen.

O Theotokos, we shall not cease from speaking of all thy mighty acts, all we the unworthy ones, for if thou hadst not stood to intercede for us, who would have delivered us from such numerous dangers? Who would have preserved us all until now in true freedom? O Lady, we shall not turn away from thee, for thou dost always save thy servants from all manner of grief.

Psalm 50(51)

Have mercy on me, O God, according to the Thy great mercy, and according to the multitude of Thy compassion blot out my transgression.

Wash me thoroughly from mine iniquity, and cleanse me from my sin.

For I acknowledge my iniquity, and my sin is ever before me.

Against thee only have I sinned and done this evil before Thee, that thou mightest be justified in Thy words, and prevail when thou are judged.

For behold, I was conceived in iniquities, and in sins did my mother bear me.

For behold, Thou hast loved truth, the hidden and secret things of Thy wisdom hast thou made manifest unto me.

Thou shalt sprinkle me with hyssop, and I shall be made clean, thou shalt wash me and I shall be made whiter than snow.

Thou shalt make me hear joy and gladness, the bones that be humbled, they shall rejoice.

Turn Thy face away from sin, and blot out mine iniquities

Create in me a clean heart, O God, and renew a right spirit within me.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.
Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.
I shall teach transgressors Thy ways, and the ungodly shall turn back to Thee.
Deliver me from blood-guiltiness, O God, Thou God of my salvation, my tongue shall rejoice in Thy righteousness.
O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.
For if Thou hadst desired sacrifice, I had given it, with whole burnt offerings Thou shalt not be pleased.
A sacrifice to God is a broken spirit, a heart that is broken and humbled God will not despise.
Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built.
Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole burnt offerings. Then shall they offer bullocks upon Thine altar.

Ode One

(Heimos) Transversing the water as on dry land, and thereby escaping from the toils of Egypt's land, the Israelites cried aloud proclaiming: Unto our God and Redeemer let us now sing.

Most Holy Mother of God, save us.

By many temptations am I distressed, in search of salvation, unto thee have I taken flight, O Mother of the Word, thou Evervirgin, from all ordeals and afflictions deliver me.

Most Holy Mother of God, save us.

Attacks of the passions disquiet me, my soul to repletion hath been filled with despondency, bestill them, O Maiden, with the calmness of Thine own Son and thy God, O all-blameless one.

Glory to the Father and to the Son and to the Holy Spirit.

To Christ God, the Saviour, thou gavest birth, I beg thee, o Virgin, from afflictions deliver me, for now unto thee I flee for refuge, bringing to thee both my soul and my reasoning.

Both now and forever and to the ages of ages. Amen.

D iseased is my body and my soul, do thou make me worthy of divine guidance and thy care, O thou who alone art God's Mother, for thou art good and the Birthgiver of the Good.

Ode Three.

(Heirmos) Of the vault of the heavens art thou, O Lord, Fashioner, so, too, of the Church art Thou founder, do thou establish me in unfeigned love for Thee, Who art the height of things sought for, and the staff of the faithful, O Thou only friend of man.

Most Holy Mother of God, save us.

I have thee as the shelter and the defence of my life, thee, the Theotokos and Virgin, pilot and govern me into thy sheltered port, for thou art author of good things and staff of the faithful, O thou only lauded one.

Most Holy Mother of God, save us.

I beseech thee, O Virgin, do thou dispel far from me all of the distress of despair and turbulence in my soul, for thou, O Bride of God, hast given birth to the Lord Christ, Who is mighty Prince of peace, O thou only all-blameless one.

Glory to the Father.. . . . .

*S*ince thou brought forth Him who is our Benefactor, the cause of good, from the wealth of thy loving kindness do thou pour forth on all, for thou canst do all things, since thou didst bear Christ, the One who is mighty in power, for blessed of God art thou.

Both now.. . . . .

*W*ith most grievous diseases with corrupt passions too, I am put to trial, O Virgin, come thou unto mine aid, for I

know thee to be an inexhaustible treasure of unfailing healing, O only all blameless one.

Preserve and save, O Theotokos, thy servants from every danger, after God do all of us for refuge flee unto thee, a firm rampant art thou and our protection.

In thy good will, look thou on me, O all hymned Theotokos, and do thou behold my body's grievous infirmity, and heal thou the cause of my soul's sorrow.

Fervent advocate, invincible battlement, fountain of mercy, and sheltering retreat for the world, earnestly we cry to thee, Lady Mother of God, hasten thou, and save us from all imperilment, for thou alone art our speedy protectress.

Ode Four

(Heirmos) I have harkened and heard, O Lord, of Thy dispensation's most awesome mystery, and I came to knowledge of Thy works, and I sang the praise of Thy Divinity.

Most Holy Mother of God, save us.

Lull the tempest of all my sins, and bestill the raging of passions with thy calm, for progenitress art thou of Him who is Lord and Helmsman, O thou Bride of God.

Most Holy Mother of God, save us.

Bestow, out of the abyss of thy great compassion, on me thy supplicant, for thou brought forth One compassionate Who is Saviour of all who sing hymns to thee.

Glory to the Father.. . . . .

While delighting, O spotless one, in thy many favours, a hymn of thankfulness do we all raise up in song to thee, knowing thee to be the Mother of our God.

Both now.. . . . .

H aving thee as our staff and hope, and as our salvation's unshaken battlement, from all manner of adversity are we then redeemed, O thou all lauded one.

Ode Five.

(Heirmos) Lord, enlighten us by Thy precepts and by Thy commands, and by the power of Thy lofty arm bestow Thy peace upon us all, since Thou art friend of man.

Most Holy Mother of God, save us.

P ure one, fill my heart with rejoicing unto plentitude, and grant Thine undefiled felicity, since thou didst give birth unto Him who is the cause of joy.

Most Holy Mother of God, save us.

C ome, deliver us out of dangers, O pure Mother of God, since thou art mother of deliverance, and of the peace which doth surpass all human reasoning.

Glory to the Father.. . . . .

Dissipate the gloom of my trespasses, O Bride of God, with the clear brightness of thy radiance, for thou didst bear the Light divine which was before all time.

Both now.. . . . .

Heal me, O pure One, of the sickness which the passions bring, and make me worthy of thy guardiancy, and by thy prayers and intercessions grant thou health to me.

Ode Six.

(Heirmos) Entreaty do I pour forth unto the Lord, and to Him do I proclaim all my sorrows, for many woes fill my heart to repletion, and lo, my life unto Hades hath now drawn nigh, like Jonas do I pray to thee: Raise me up from corruption, O Lord my God.

Most Holy Mother of God, save us.

My nature, held by corruption and by death, hath He saved from out of death and corruption, for unto death He Himself hath submitted. Wherefore, O Virgin, do thou intercede with Him who is in truth thy Lord and Son to redeem me from enemies' wickedness.

Most Holy Mother of God, save us.

I know thee as the protection of my life and most safe fortification, O Virgin, disperse the horde of my many temptations, and put to silence demonic audacity, unceasingly I pray to thee: From corruption of passions deliver me.

Glory to the Father.. . . . .

A bulwark of safe retreat art thou to us, and of souls art thou the perfect salvation, and a relief in distresses, O Maiden, and in thy light do we ever exult with joy. O Lady, do thou also now from all passions and perils deliver us.

Both now.. . . . . . .

B edridden I lie supine with sickness now, and no healing for my flesh is existing except for thee, who didst bear the world's Saviour, our God, the Healer of every infirmity, I pray to thee, for thou art good: From corruption of illnesses raise me up.

P reserve and save, O Theotokos, thy servants from every danger, after God do all of us for refuge flee unto thee, a firm rampart art thou and our protection.

O spotless one, who inexpressibly in the last days didst by a word bring forth the Word, do thou make request of Him, as one who hath motherly boldness.

O Protection of Christians that cannot be put to shame, meditation unto the Creator most constant: O despise not the suppliant voices of those who have sinned, but be thou quick, O Good one. To come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to

make supplication, thou who dost ever protect, O Theotokos, them that honour thee.

And straight away we chant the prokeimenon:

I shall commemorate thy name in every generation and generation. (2).

Hearken, O daughter, and see, and incline Thine ear, and forget Thine own people, and thy father's house, and the King shall greatly desire thy beauty.

Thy Name shall be commemorated in every generation and generation.

The Holy Gospel.

(This is not said when a priest is not present.)

(Luke 1 v. 39-49, 56)

In those days, Mary arose and went into the hill country with haste, into a city of Judah, and entered into the house of Zacharias and greeted Elizabeth. And it came to pass

that, when Elizabeth heard the salutation of Mary, the babe leaped in her womb, and Elizabeth was filled with the Holy Spirit. And she spoke out with a loud voice, and said,: Blessed art thou among women, and blessed is the fruit of thy womb. And whence is this to me? For, behold, when the voice of thy salutation came into mine ears, the babe leaped in my womb for joy. And blessed is she that believed, for there shall be forfilment of those things which have been spoken to her from the Lord. And Mary said: My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour. For He hath looked upon the lowliness of His handmaiden, for behold, from henceforth all generations shall call me blessed. For the Mighty One hath done great things to me, and holy is His Name. And Mary abode with her about three months, and returned to her own house.

Glory to Thee, O Lord, glory to Thee.

Glory to the Father.. . . .

O Father, Word, and Spirit, the Trinity in Unity: blot out the multitude of mine offences.

Both now.. . . . .

By the intercessions of the Theotokos, O Merciful One, blot out the multitude of mine offences.

Have mercy on me, O god, according to Thy great Mercy, and according to the multitude of Thy compassions blot out my trangression.

O Entrust me not, I pray, to any human protection, O our Lady, holy one, but do thou accept the prayer of thy supplicant. Sorrow hath fettered me, and I am unable to endure and bear the demons' darts, a shelter have I not, neither place to run, I, the wretched one, embattled from all sides am I, and no consolation have I but thee. Mistress of creation, protection and hope of faithful ones: Turn not away when I pray to thee, do that which will profit me.

Theotokia

From thee is no one turned away ashamed and empty who doth run to thee for refuge, O pure Virgin Theotokos, but he asketh the favour and recieveth the gift from thee, unto the profit of his own request.

The transformation of the afflicted and the relief of those in sickness art thou in truth, O Virgin Theotokos, save thy people and thy flock, thou who art the calm of the storm- driven, the only protectress of those who believe.

Ode Seven.

(Heirmos) Once from out of Judea did the children go down to the land of Babylon, the fire of the furnace they trampled down while chanting by their faith in the Trinity: O God of our Fathers blessed art Thou.

Most Holy Mother of God, save us.

Having willed thus, O Saviour, to dispense our salvation in Thine mankind, Thou dwelt within the Maid's womb, and unto all creation as protectress Thou showed her forth, O God of our Fathers, blessed art Thou.

Most Holy Mother of God, save us.

Make request, O pure Mother, to thy Son who hath willed to grant mercy unto us, to rescue from transgressions and from the soul's defilement those who cry out most faithfully: O God of our Fathers, blessed art Thou.

Glory to the Father.. . . .

A fount of incorruption and a tower of safety is she who gave Thee birth, a treasure of salvation and portal of repentance hast Thou proved her to them that shout: O God of our Fathers, blessed art Thou.

Both now.. . . . .

Deign to grant restoration from diseases of body and soul to those who run to thy divine protection with faith, O Theotokos, and thus grant them recovery, for mother of Christ our Saviour art thou.

Ode Eight.

(Heirmos) The King of Heaven, Whom all the hosts of Angels hymn with their chants and praises of glory, praise ye and exalt Him to the ages for ever.

Most Holy Mother of God, save us.

D o not disdain those who seek the aid that thou dost grant, for, O Virgin Maiden, they do hymn thee, and they all exalt thee unto ages for ever.

Most Holy Mother of God, save us.

O n all who hymn thee with faith, O Virgin, and exalt thy truly ineffable Offspring, thou poured forth a great abundance of thy cures and healings.

Glory to the Father.. . . . . .

A ll the diseases that plague my soul dost thou make well, and the sufferings of the flesh thou healest also, wherefore, O thou Maiden full of grace, I glorify thee.

Both now.. .

All the assaultings of the temptations dost thou quell, and the onslaughts of the passions dost thou banish, wherefore do we hymn thee to all ages, o Virgin.

The King of heaven, Whom all the hosts of Angels hymn with their chants and praises of glory, praise ye and exalt Him to the ages for ever.

Ode Nine

Most rightly we confess thee as our God's Birthgiver, we who through thee have been saved, O thou Virgin most pure, with choirs of bodiless Angels, thee do we magnify.

Most Holy Mother of God, save us.

T he torrent of my weeping spurn not with refusal, for thou didst give birth to Him who doth take away all tears from every face, O thou Virgin, for He is Christ indeed.

Most Holy Mother of God, save us.

D o thou, O Virgin Maiden, fill my heart with gladness, for thou art she who received all the fullness of joy, and made to vanish away all sorrow of sinfulness.

Most Holy Mother of God, save us.

A haven and protection, and a wall unshaken, and a rejoicing and shelter and place of retreat do thou become, O thou Virgin, for those who flee to thee.

Glory to the Father.. . . . . .

I llumine with the radience of thy light, O Virgin, all those who piously call thee the Mother of God, and do thou banish away all darkness of ignorance.

Both now.. . . . . . .

B rought low am I, O Virgin, in a place of sickness, and in dwelling of anguish, grant healing to me, transforming all of my illness into full healthfulness.

I t is truly meet to call thee blest, the Theotokos, the ever blessed and all immaculate and Mother of our God. More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, thee who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

H igher than the heavens above art thou, and thou art much purer than the radience of the sun, for thou hast redeemed us out of the curse that hast held us. O Mistress of creation with hymns we honour thee.

F rom the great abundance of all my sins, ill am I in body, ailing also am I in soul. Thee have I as refuge, do

thou, therefore, help me, O hope of all the hopeless, for thou art full of grace.

O Lady and Mother of Christ our God, Recieve supplication from us wretches who beg of thee that thou make entreaty unto the One born from thee, O Mistress of creation, do thou intercede for us.

Now we chant with eagerness unto thee with this ode most joyful, O all-hymned Mother of our God, together with the Baptist and all the saintly choirs, beseech, O Theotokos, that we find clemency.

Speechless be the lips of the impious who refuse to reverence thy revered icon which is known by the name Directress, and which hath been depicted for us by the Apostle Luke the Evangelist.

O All ye arrays of Angelic Hosts, with the holy Baptist, the Apostles' twelve-numbered band, all the Saints

together, as well as God’s Birthgiver, pray make ye intercession for our deliverance.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and for ever, and to the ages of ages. Amen.

*A*ll holy Trinity, have mercy on us. Lord be gracious unto our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Thy Name’s sake.

Lord have mercy (3).

Glory to the Father, and to the Son, and to the Holy Spirit, both now and for ever, and unto the ages of ages. Amen.

*O*ur Father who art in heaven, hallowed be Thy Name. Thy Kingdom come. Thy will be done, on earth as it is in Heaven. Give us this day our daily bread. And forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us. Amen.

H ave mercy on us, Lord, have mercy on us, for lacking as we are in all defence, this supplication do we sinners offer unto Thee, as our Master: Have mercy on us.

Glory to the Father.. . . . .

L ord, have mercy on us, for in Thee have we placed all our trust, be not wroth with us greatly, nor do Thou remember our iniquities, but look upon us even now, since Thou art compassionate, and do Thou redeem us from our enemies, for Thou art our God, and we Thy people, all are the works of Thy hands, and upon Thy Name have we called.

Both now.. . . . .

D o Thou open the portal of compassion unto us, O most blessed Theotokos, for hoping in Thee, let us not fail, we pray, through Thee may we be delivered from adversities, for thou art the salvation of the Christian race.

All those who in faith flee unto thee, with thy mighty hand dost thou shelter, O pure one, as thou art good, no one else have we who sin as a perpetual intercession with our God in dangers and sorrows, we who have been burdened down with our abundant sins, Mother of God in the highest. Wherefore, we all fall down before thee, rescue us, thy servants from adversities.

Joy of all that sorrow art thou, and of the oppressed a protectress, and nurture of all the poor, comfort unto the estranged, a staff art thou of the blind, visitation of all the sick, a shelter and succour unto those brought down by pain, helper of orphaned ones: Mother of God in the Highest art thou. O Immaculate Maiden, hasten, we beseech thee, to redeem thy slaves.

Lady, do thou Recieve the supplications of thy slaves, and deliver us from every affliction and necessity.

Unto thee do I commit every hope, O mother of God, guard me under thy shelter.

DURING THE FAST OF THE MOTHER OF GOD (August1-14) THESE ADDITIONS ARE READ ALSO.

Ye Apostles from afar, being now gathered together here in the vale of Gethsamane, give burial to my body, and Thou, my Son and my God, Recieve Thou my spirit.

Thou art the sweetness of Angels, the gladness of afflicted ones, and the protectress of Christians, O Virgin Mother of our Lord, be thou my helper, and save me from out of eternal torments.

I have thee as Mediatress with the manbefriending God, may He not censure my actions before the hosts of the Angels. I supplicate thee, O Virgin, come unto mine aid most quickly.

Thou art a gold-entwined tower and twelvewall encircled city, a throne besprinkled with sunbeams, a royal chair of the King. O inexplicable wonder! That thou dost milk-feed the Master.

Through the prayers of the holy Fathers, Lord Jesus Christ, have mercy on us. Amen.

Prayers before Meals.

BEFORE BREAKFAST.. .

Through the prayers of our holy Fathers, Lord Jesus Christ, have mercy on us. Amen.

Our Father who art in heaven,
hallowed be Thy Name.
Thy kingdom come, thy will be done,

on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses, as we
forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.

Glory to the Father and to the Son and to the Holy Spirit, both now and for ever and until the ages of ages. Amen.

Lord have mercy.(3)

Through the prayers of our holy Fathers, Lord Jesus Christ have mercy on us, and save us. Amen.

Christ our God, bless the food and drink of your servants, for you are holy always, now and forever and to the ages of ages. Amen.

THANKSGIVING AFTER BREAKFAST.

We thank you. Christ our God, for you have satisfied us with earthly gifts. Do

not deprive us of your heavenly kingdom, but as you, O Saviour, came among your disciples and gave them peace, come among us also and save us. Amen.

PRAYERS BEFORE LUNCH. Through the prayers of the holy Fathers, Lord Jesus Christ, have mercy upon us. Amen.

Our Father, who art in heaven,
hallowed be Thy Name.
Thy kingdom come. Your will
be done on earth as it is in heaven.
Give us this day our daily bread
and forgive us our trespasses,
as we forgive those who trespass
against us.
And lead us not into temptation,
but deliver us from evil.

Glory to the Father and to the Son and to the Holy Spirit, both now and forever and until the ages of ages. Amen.

Lord have mercy.(3)

Through the prayers of the holy Fathers, Lord Jesus Christ, have mercy on us. Amen.

Christ our God, bless the food and drink of your servants, for you are holy always, now and forever and to the ages of ages. Amen.

THANKSGIVING AFTER LUNCH.

We thank you, Christ our God, for you have satisfied us with earthly gifts. Do not deprive us of your heavenly kingdom, but as you, O Saviour, came among your disciples and gave them peace, come among us also and save us.

PRAYERS BEFORE DINNER.

The poor shall eat and be satisfied, and they who seek the Lord shall praise him, their hearts shall live to the ages of ages.
Through the prayers of the holy Fathers, Lord Jesus Christ, have mercy on us. Amen

Glory to the Father and to the Son and to the Holy Spirit, both now and forever and until the ages of ages. Amen.

Lord have mercy(3).

Christ our God, bless the food and the drink of your servants, for you are holy always, now and forever and to the ages of ages. Amen.

THANKSGIVING AFTER DINNER.

Through the prayers of the holy Fathers,
Lord Jesus Christ, have mercy on us. Amen.

Glory to the Father and to the Son and to the Holy Spirit, both now and for ever and until the ages of ages. Amen.

Lord have mercy (3).

Lord, you have gladdened our hearts in your creation, and we have rejoiced in the work of your hands. The light of your countenance has shined upon us, Lord. You have gladdened our hearts. We have been satisfied with the good things of the earth.

Blessed is God, who has mercy upon us and nourishes us from his bountiful gifts by his grace and love always. We shall sleep in peace and repose in you, for you alone, Lord, have sustained us in hope, now and forever and to the ages of ages. Amen.

The Paschal Hours.

[From Easter Sunday until the Saturday of renewal week, in place of morning and evening prayers, compline, and the thanksgiving prayers after communion, the following is read]: -

To the name of the Father and of the Son and of the Holy Spirit. Amen.

C hrist is risen from the dead, by death hath He trampled down death, and on those in the graves hath He bestowed life. (3)

Let us who have beheld the resurrection of Christ worship our holy Lord Jesus, Who is alone without sin. We worship Thy Cross, O Christ, and we praise and glorify Thy holy Resurrection. For Thou art our God, and we know none other beside Thee, and we call upon Thy Name. Come, all ye faithful, let us worship Christ's holy Resurrection, for behold, through the Cross joy hath come to the whole world. Forever blessing the Lord, we praise His Resurrection. He endureth the Cross for us and by death destroyed death. (3)

When they who were Mary came, anticipating the dawn, and found the stone rolled away from the sepulchre, they heard from the Angel: Why seek ye among the dead, as though He were mortal man, Him Who abideth in everlasting light? Behold the grave-clothes. Go quickly and proclaim to the world that the Lord is risen, and hath put death to death. For He is the Son of God, Who saveth the race of man.

Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades, and didst arise as victor, O Christ God, calling to the myrrh-bearing women. Rejoice, and giving peace unto Thine Apostles, O Thou Who dost grant resurrection to the fallen.

In the grave bodily, in Hades with thy soul, though Thou wast God, in Paradise with the thief, and on the Throne with the Father and the Spirit wast Thou who fillest all things, O Christ the Uncircumscribable.

Glory to the Father…..

How life-giving, how much more beautiful than paradise, and truly more resplendent than any royal palace proved Thy grave, the source of our resurrection, O Christ.

Both now……

Rejoice, O sanctified and divine tabernacle of the Most High, for through thee, O Theotokos, joy is given to them that cry: Blessed art thou among women, O all-immaculate Lady.

Lord have mercy (40)

Glory to the Father….. Both now…….

More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, thee who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

Through the prayers of the holy Fathers, Lord Jesus Christ our God, have mercy on us. Amen.

If at Compline we also say the following prayer, if not, proceed with"Christ is risen". . . As set forth below.

A Compline Prayer of St. Basil.

Blessed art Thou, O Almighty Master, who hast deemed us enlightened the day with the light of the sun and hast illumined the night by the rays of fire, Who hast deemed us worthy to pass through the length of the day and draw nigh to the beginning of the night. Hearken unto our supplication, and that of all of Thy people. Forgive all of us our sins, voluntary and involuntary, accept our evening entreaties, and send down the multitude of Thy mercy and compassions upon Thine inheritance. Encompass us with Thy holy Angels, arm us with the armour of Thy righteousness, surround us with thy truth, protect us by Thy might, deliver us from every grievous circumstance and from every conspiracy of the adversary. And grant unto us that this evening together with the coming night and all the days of our life be perfect, holy, peaceful, sinless, without stumbling and vain imaginings, by the intercessions of the Holy Theotokos and of all the Saints who, from ages past, have been well-pleasing unto Thee. Amen.

Christ is risen from the dead, by death hath He trampled down death, and on those in the graves hath He bestowed life. **(3)**

Glory to the Father….. Both now…

Lord have mercy. (3)

Through the prayers of the holy Fathers, Lord Jesus Christ, have mercy on us. Amen.

The Fasting Periods of the Church.

Section 1. When we should Abstain.

Fasting Categories.
1.Category A. consists of abstaining, meats and Poultry products.
2.Category B. of Dairy products, (milk, yogurt, cheese etc…)
3.Category C. of Fish products.
4.Category D. of Wine and oil, includes cuttlefish, calamari, octopus etc…
5.Category E. of strict fasting, no oil in foods, boiled pulses, beans, macaroni etc…

The Church has set aside several days in the church calendar in which the faithful must fast.

These are stated below with their fasting category: -
Every Wednesday and Friday. (Cat. E).
b. Great Lent (from clean Monday till Holy Easter Saturday.)Cat. E. except Saturdays and Sundays which are Cat. D.

c. Apostles Fast. (from the Monday after Sunday of All Saints till 28th June. This consists Cat. D. Fasting except sat. And sun. where Cat. C is allowed.

d. The 15 Day fast of the Holy Virgin Mary. (1st August-14th August.) Cat. E. Except Sat and Sun. Cat. D.

The 40 day fast Pre-Christmas. (from 15th Nov. - 24th Dec. The Church states fasting from 15th Nov. - !7 Dec. can be Cat. C. Except of course Wednesdays and Fridays. But from 18th Dec-23Dec must be Cat. D.
f. Strict fasts (Cat. E.) have the following Days unless they fall on a Sat. or Sunday. They become Cat. D: -
5th January(Theophany's eve).
29th August. (Beheading of St. John the Baptist).
14th September. (Holy Cross Day).

Non Fast Days in which fasting is not allowed are in these periods, even if they are Wednesdays and Fridays: -

The Days following Christmas (25th Dec. till 4th Jan).
First week of Triodion, week following Sunday of Pharisee and the Publican.
The week after Easter (Renewal Week).
The week after Pentecost. (Holy Spirit week).
Two Category Fasts.
Meatfare week. The week, two weeks before the start of Lent. (Cat. B. Fast). No meat.
Cheesefare week. Last week before Lent. (Cat. C. Fast). No Meat or Dairy products.

If a Major Feast Day or a Saint's day fall on Fasting Periods, they change to as follows: -
25th March, Annunciation day
24th June. Birth of the Forerunner.
6th August. Transfiguration day
become Cat. C fasts, fish is allowed.
Also the following days fish is allowed even if they fall on a Wednesdays or Fridays. (Cat. C.): -
7th January. Forerunner's gathering.
2nd February. Presentation of Christ.
29th June. St.'s Peter and Paul's day.
15th August. Dormition of the most, holy Mother, of God.

8th September. Birth of the most holy Mother, of God.
14th November. Apostle Phillip.
21st November. The Entry into the temple of the most holy Mother, of God.
And also the Wednesday of Mid-Pentecost.
And the Wednesday before the Ascension of Christ (last day of the feast of Easter), these are also Cat. C.

The following dates become Cat. D. (wine and oil allowed), even if they fall on a Wednesday, a Friday or during fasting periods.
In the Month of: -
January, 11th, 16th, 17th, 20th, 22nd, 25th, 27th, 30th.
February, 8th, 10th, 11th, 17th, 24th.
March, 9th, 26th.
April, 23rd, 25th, 30th.
May, 2nd, 8th, 15th, 21st, 25th.
June, 8th, 11th, 30th.
July, 1st, 2nd, 17th, 20th, 22nd, 25th, 26th, 27th,
August: 31st.
September: 1st,6th,9th, 13th, 20th, 23rd, 26th.
October: 6th, 18th, 23rd, 26th.
November: 1st,8th,12th,13th,16th, 25th, 30.
December: 4th, 5th, 6th, 9th, 12th, 15th, 17th,20th.

All Wednesdays and Fridays in the period of Pentecost become Cat. D. Fasts.

GLORY BE TO GOD.
AMEN.

Lord Jesus Christ

Son of God
Have mercy on us.

Most
Holy Mother of God
Save us.